

Syracuse Chargers Records for F5054

high jump	Kathy Cirina	4-0 1/2	7/28/2000
1 mile	Coreen Steinbach	5:36.5	3/27/2004
10 mile	Nancy Frisillo	67:32.0	9/9/1995
1000m	Yvonne Rothenberg	3:51.6	7/27/1994
100m	Kathy Cirina	14.2	8/2/1997
10k road	Nancy Frisillo	40:09.0	4/4/1993
10k	Coreen Steinbach	41:16.5	12/20/2003
12 hour run road	Laurel Baum	33.334 mi.	5/15/2010
1500m	Coreen Steinbach	5:19.6	12/14/2004
15k	Nancy Frisillo	1:00:14.0	11/8/1992
15k	Coreen Steinbach	67:19.5	2/26/2004
200m	Nadine Lowenstein	30.13	6/25/1996
200m	Kathy Cirina	30.1	6/20/1998
20k	Nancy Frisillo	1:27:51	8/3/1996
25k	Nancy Frisillo	1:54:12	7/31/1994
3k road	Joanne Singer	11:37	5/5/2013
3k	Coreen Steinbach	11:24.7	2/22/2004
300m	Kathleen Cirina	50.3	1/15/2000
30k	Jean O'Hara	2:53:33	3/24/1985
400m	Nadine Lowenstein	67.73	7/14/1995
5 mile	Coreen Steinbach	33:25.0	6/19/2004
55m	Nadine Lowenstein	8.53	3/3/1996
55m	Nadine Lowenstein	8.4	2/16/1997
55m	Nadine Lowenstein	8.4	4/1/1997
5k road	Nancy Frisillo	19:05	10/4/1992
5k	Kelly Dworvak	21:16.5	7/27/2012
600m	Kathleen Collins	2:09.9	3/15/1998
60m	Kathy Cirina	9.0	3/14/1999
800m	Coreen Steinbach	2:34.9	3/29/2003
80m HH	Barbara Stewart	22.87	7/27/1996
8k	Nancy Frisillo	32:08.0	5/23/1993
discus	Kathy Cirina	88-2	8/2/1997
half marathon	Nancy Frisillo	1:30:49	10/12/1996
hammer 4kg	Barbara LoPiccolo	97-9	6/6/2002
javelin	Kathy Cirina	92-3	8/2/1997
long jump	Kathy Cirina	13-8	8/2/1997
marathon	Lennie Tucker	3:40:20	5/6/1990
pole vault	Barbara Stewart	6ft 6in	7/20/1996
shot put 4kg	Kathy Cirina	34-1	8/2/1997
triple jump	Kathy Cirina	28-1	8/2/1997
weight throw 20lb	Barbara LoPiccolo	35-6 1/2	3/22/2002

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